2 yellow onions

1 cauliflower

3 servings zucchini or yellow squash

2 bunches of asparagus ($3.99/lb.)

4 lbs. sweet potatoes

5 Carrots

1 Cucumber (if looks good)

1 Italian parsley (if looks really good)

Strawberries (if looks good)

Red grapes (if looks good)

Fruit: 6-7 bananas

2 bags oranges

Sliced bread

1 bag bagels

Mayonnaise ($3.99)

Dry Roasted Peanuts, Lightly Salted (if on sale)

Vlasic dill pickles (if on sale)

Honey (with bear top)

Martinelli’s apple cider

1 Yogurt, Mountain High

2 lbs. frozen hash browns, country-style

Raisins (C40)

Crisco pure vegetable oil (C27)

Star Extra Virgin Olive Oil (C27)

12-oz. evaporated milk (C27)

14.75 oz. canned salmon (small cans) (C24)

2 cans of cream of mushroom (Healthy Request) (C24)

6 cans chicken broth (Swanson, 33% less sodium), if on sale

Lipton onion soup mix

Ketchup (C22)

Small bags of chips

2 packages 8 oz. shredded cheddar cheese

1 package of sliced cheese

18-count eggs

Salted Butter

8 oz. sour cream

Dove soap

Dawn soap for dishwashing (B38)

Glad Cling Wrap (if on sale)

Toothpaste (Sensodyne, fresh mint, not rapid relief, green on the box), if on sale